

## Adult Institutions

Program Name	<b>Challenges – Challenges Mentor</b>
Program Description	<p>This <b>Evidence Based</b> program assists offenders with mental illness. It is intended to help them lead a more pro-social lifestyle by thinking more realistically and exhibiting healthier behaviors. Topics that are addressed include stress management, medication management, family history, relationship skills, socialization, coping with emotions, recreation, thinking errors, and substance abuse.</p> <p>The Challenges Mentor position is designed to assist with the Challenges Treatment Program in the Lonnie Watson Center and CPTU. A Mentor will be assigned to assist with various Challenges tasks, structured activities, and additional treatment components identified by the group leader.</p>
Time Frame	Depending on offender needs, this program lasts approximately six months. Groups are held daily and individual attention is offered weekly.
Program Credit	These programs receive <b>90</b> days program credit upon completion.
Admission Criteria	<p><b>Pre –requisite:</b> Challenges Mentor requires completion of the Challenges Program</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment. This program targets offender that are clinically diagnosed with mental health issues.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement</p> <p>CPP 30.2 Program Credit</p> <p>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance</p> <p>KRS 197.045</p>
Program Locations	KCIW and KSR

Program Name	<b>Getting Started</b>
Program Description	This <b>Evidence Based</b> program utilizes interactive journaling materials from the Change Companies and is designed to serve a very specialized population: offenders who have a substance abuse history and require training and treatment of pre-contemplation in order to trigger the drive and motivation to enroll and complete the Substance Abuse Program.
Time Frame	Depending on offender needs, this program lasts approximately six months.
Program Credit	This program receive <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	KCIW, LLCC, NTC, RCC, WKCC, and Ross-Cash

Program Name	<b>Go Further</b>
Program Description	This <b>Evidence Based</b> program is a specialized CoreCivic program offered at Lee Adjustment Center. Offenders enrolled in this program participate in a 4-part process to release from incarceration. Parts include On Ramp, Highway, Off Ramp, and Destination. This program walks an offender from the beginning of his incarceration to the end and reentry to the community. This is an evidence based, interactive journaling program.
Time Frame	Depending on offender needs, this program lasts approximately six months.
Program Credit	This program receive <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	LAC

Program Name	<b>MRT<sup>®</sup> Moral Reconciliation Therapy</b> <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i>
Program Description	<p>This <b>Evidence Based</b> program combines group presentations and individual assignments, along with facilitator guidance when necessary. The program was designed in a criminal justice setting for offenders involved in the criminal justice system. MRT<sup>®</sup> targets an offender's belief system and attempts to raise their level of moral reasoning in their decision-making process. The MRT<sup>®</sup> program has been researched for over thirty years and has proven reduction in recidivism levels at multiple points of progress within the program, as well as after overall program completion. MRT<sup>®</sup> is designed to achieve formal program completion after 12 in-group steps. The workbook for this program is entitled 'How to Escape Your Prison'<sup>®</sup> and includes the use of a separate facilitator guide.</p>
Time Frame	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 24-36 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
Program Credit	<p>This program receive <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  KRS 197.045</p>
Program Locations	<p><b>All 13 Adult Facilities</b></p>

Program Name	<b>MRT® Anger Management</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	This Cognitive-Behavioral program is designed to assist offenders in recognizing and overcoming anger. This program includes completion of 8 modules with a minimum of 8-10 group sessions utilizing the 'Coping with Anger'® workbook, various supplemental materials, and the completion of homework assignments prepared outside of group.
Time Frame	Depending on offender needs and progression, offenders can expect to participate in an average of 10-12 group sessions.
Program Credit	This program receive <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	<b>All 13 Adult Facilities</b>

Program Name	<b>MRT<sup>®</sup> Parenting</b> <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i>
Program Description	This Cognitive-Behavioral program focuses on family values and individual priorities, and is appropriate for all parents.
Time Frame	Depending on offender needs and progression, this program includes completion of 12 modules with a minimum of 12 group sessions utilizing the 'Parenting and Family Values' <sup>®</sup> workbook.
Program Credit	This program receive <b>90</b> days program credit upon completion.
Admission Criteria	<b>Prerequisite:</b> Offenders should be in an active parenting role.  All program recommendations are based on their specific criminogenic needs, as identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	KCIW and Ross-Cash, EKCC, GRCC, KSR, LAC, NTC, and RCC

Program Name	<b>MRT<sup>®</sup> Staying Quit</b> <i>MRT<sup>®</sup> is the product of Correctional Counseling Inc. (CCI). MRT<sup>®</sup> and its related products are property of CCI. CCI is the sole source provider of MRT<sup>®</sup> products.</i>
Program Description	<p>This Cognitive-Behavioral program is designed to assist with relapse prevention by helping offenders to recognize risky situations, cravings, and triggers. This program requires completion of eight (8) modules over a minimum of 8-10 group sessions. Groups are open-ended and require the completion of the 'Staying Quit'<sup>®</sup> workbook, as well as preparation of homework assignments outside of group.</p>
Time Frame	<p>Depending on offender needs and progression, the offender should expect to participate in a minimum of 8 – 10 group sessions.</p>
Program Credit	<p>This program receive <b>60</b> days program credit upon completion.</p>
Admission Criteria	<p><b>Prerequisite:</b> Must have successfully completed the SAP program prior to admission.</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment and having a substance use history.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement  CPP 30.2 Program Credit  CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance  KRS 197.045</p>
Program Locations	<p>BCFC, BCC, EKCC, KSP, LAC, LLCC, and NTC</p>

Program Name	<b>MRT® – Thinking for Good</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>This Cognitive Behavioral program was developed to confront Anti-Social and Criminal Thinking errors.</p> <p>Completion entails 10 modules with a minimum of 10-12 group sessions utilizing the 'Thinking for Good'® Workbook, and the completion of homework assignments prepared outside of group.</p>
Time Frame	Depending on offender needs and progression, the offender should expect to participate in a minimum of 10 – 12 group sessions.
Program Credit	This program receives <b>60</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	RCC and Ross-Cash



Program Name	<b>MRT® – Untangling Relationships</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	This Cognitive-Behavioral program focuses on providing treatment to offenders involved in addictive/co-dependent relationships – confronting the issues of manipulation and dependence. Targets domestic violence, unhealthy relationships, enabling, substance abusers and criminality. Offenders will be required to participate in a minimum of 12 group sessions, along with preparation of homework assignments outside of group. This program utilizes the ‘Untangling Relationships’® workbook.
Time Frame	Depending on offender needs and progression, this program includes completion of 12 modules with a minimum of 12 group sessions utilizing the ‘Untangling Relationships’® workbook.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	EKCC, KCIW, and NTC

Program Name	<b>MRT® Mentor</b> <i>MRT® is the product of Correctional Counseling Inc. (CCI). MRT® and its related products are property of CCI. CCI is the sole source provider of MRT® products.</i>
Program Description	<p>The MRT® Mentoring program strives to ensure a higher success rate for those who have previously completed MRT®. A Mentor within the MRT® program will be held to a higher behavioral expectation than those participating in the MRT® group. Mentorship is beneficial for both the offender serving as the mentor, as well as for the offenders participating in the MRT® program. As a mentor, this offender will be expected to revisit steps 7, 8 and 13-16 from the offender's original 'How to Escape your Prison'® workbook, along with completion of the 'Character Development'® Workbook.</p>
Time Frame	<p>Length of time in program is dependent on individual offender progress, although offenders can generally expect to participate in 24-36 open-ended group sessions. Offenders will also be required to work individually on homework assignments as part of the program requirements.</p>
Program Credit	<p>This program receives <b>90</b> days program credit upon completion.</p>
Admission Criteria	<p><b>Prerequisite:</b> completion of MRT®.</p> <p>All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment.</p>
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement</p> <p>CPP 30.2 Program Credit</p> <p>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance</p> <p>KRS 197.045</p>
Program Locations	<p><b>All 13</b> adult facilities</p>

Program Name	<b>RHU - Short Term Behavioral Modification</b>
Program Description	This program is designed to help offenders identify thinking patterns that will assist them in the assessment of emotional and cognitive reasoning. Offenders will engage in cognitive behavioral restructuring using a structured manual that encompasses the following subjects: active listening, successful change, responsible behavior, taking responsibility, cognitive behavioral chains, and identification of high-risk situations.
Time Frame	Offenders complete within 8 weeks (meeting within the Restrictive Housing Unit for 4 weeks and in General Population/Transition for 4 weeks)
Program Credit	<b>Offenders will complete the program when: 1) offender transitions to general population, 2) completes curriculum under program standards, 3) abstains from disciplinary infraction 3.11, cat 4 or higher for 90 days post transition to general population.</b> <b>Offender will receive 30 days program credit upon completion.</b>
Admission Criteria	Offenders must currently be in Extended Restrictive Housing as Administrative Control or Disciplinary Segregation with more than 30 days accumulative penalties. The offender poses a direct threat to the safety of persons or a clear threat to the safe and secure operations of the facility and is placed in restrictive housing.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	KSP, EKCC

Program Name	<b>RHU - Administrative Behavioral Modification</b>
Program Description	This program is designed specifically for women and assists offenders in working through the transtheoretical model of change using a multimodal approach. Offenders learn a multitude of behavioral modification strategies along with evidence-based coping skills and techniques. This is accomplished through SMART goal setting, safety and relapse prevention planning, exploration, motivation enhancing/discrepancy building exercises, journaling, group meetings, case management, and the confrontation of distorted belief systems.
Time Frame	This program meets incrementally as offenders progress through the curriculum. Phase 1 in the Restrictive Housing Unit and Phase 2 in General Population to include homework and Case Management.
Program Credit	<b>Offenders will complete the program when: 1) offenders transitions to general population, 2) completes curriculum under program standards, 3) abstains from disciplinary infraction 3.11, cat 4 or higher for 90 days post transition to general population.</b> <b>Offender will receive 45 days program credit upon completion.</b>
Admission Criteria	Offenders must currently be in Extended Restrictive Housing as Administrative Control or Disciplinary Segregation with more than 30 days accumulative penalties. The offender poses a direct threat to the safety of persons or a clear threat to the safe and secure operations of the facility and is placed in restrictive housing.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	KCIW

Program Name	<b>RHU - Extended Behavioral Modification</b>
Program Description	This step-down program parallels a progressive/transitional model that follows the theoretical and practical underpinnings within its evidence-based approach. Through the utilization of the Violent Risk Scale offenders are progressively assessed and later led through stages of change and rehabilitation through a series of Interactive Journaling® books, Seeking Safety modules and Cognitive Self Change discussion and treatment points. The blend of these modalities provides for a perfect dosage, frequency, and diversity in exercises to treat even the most treatment-resistant offender including Substance Abuse offenders.
Time Frame	This program meets incrementally as offenders progress through the curriculum. Phase 1 in the Restrictive Housing Unit and Phase 2 in General Population to include Seeking Safety group and maintaining case management.
Program Credit	<b>Offenders will complete the program when: 1) completes curriculum under program standards within Restrictive Housing and in General Population, 2) attend all sessions to include case management and group, 3) abstains from disciplinary infraction 3.11, cat 4 or higher for 180 days post transition to the general population.</b>  <b>Offender will receive 90 days program credit upon completion.</b>
Admission Criteria	Offenders are referred to the RHU Transition Unit during Central Office Classification Committee Administrative Control hearings. Typically, the Classification committee and/or Warden have recommended it during their findings.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	WKCC

Program Name	<b>RHU – Transitional Behavioral Modification</b>
Program Description	This step-down program parallels a progressive/transitional model that follows the theoretical and practical underpinnings within its evidence-based approach. Through the utilization of the Violent Risk Scale offenders are progressively assessed and later led through stages of change and rehabilitation through a series of Interactive Journaling® books, Seeking Safety modules and Cognitive Self Change discussion and treatment points. The blend of these modalities provides for a perfect dosage, frequency, and diversity in exercises for offenders who pose the highest risk.
Time Frame	This program meets incrementally as offenders progress through the curriculum. Phase 1 in the Restrictive Housing Unit and Phase 2 in General Population to include Seeking Safety group and maintaining case management.
Program Credit	<p><b>Offenders will complete the program when: 1) completes curriculum under program standards within Restrictive Housing and in General Population, 2) attend all sessions to include case management and group, 3) abstains from disciplinary infraction 3.11, cat 4 or higher for 180 days post transition to the general population.</b></p> <p><b>Offender will receive 90 days program credit upon completion.</b></p>
Admission Criteria	Offenders must currently be in Extended Restrictive Housing as Administrative Control or Disciplinary Segregation with more than 30 days accumulative penalties. The offender poses a direct threat to the safety of persons or a clear threat to the safe and secure operations of the facility and is placed in restrictive housing.
Applicable Policies	CPP 10.2 Special Management Housing and Restrictive Housing CPP 18.1 Classification of the Inmate CPP 18.2 Central Office Classification Committee
Locations	EKCC and KSP

Program Name	<b>Healthy Lifestyles - CBT</b>
Program Description	This <b>Evidence Based</b> program utilizes an independent assessment (to develop and guide treatment), along with multiple phases and interventions of treatment including group, individual, milieu, peer support and case management. Healthy Lifestyles will target male clients between the ages of 18 – 24 who meet the criteria for anti-social personality disorder and are high risk.
Time Frame	Length of time in program is dependent on individual offender progress, although offenders can generally expect to achieve formal program completion after 12 – 24 months and three total phases (Phase I – Treatment Readiness, Phase II – Control & Restore, Phase III – Responsibility & Productivity).
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KYRAS assessment. Additionally, this program has prerequisites of the following criteria: male clients between the ages of 18 – 24 who meet the criteria for anti-social personality disorder and are high risk.
Applicable Policies	<p>CPP 30.1 Program Evaluation and Measurement</p> <p>CPP 30.2 Program Credit</p> <p>CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance</p> <p>KRS 197.045</p>
Locations	<p><b>Pilot: Luther Luckett Correctional Complex *</b></p> <p>*Additional locations could be added as pilot progresses.</p>

Program Name	<b>PORTAL New Direction</b>
Program Description	This <b>Life Skills</b> program is designed to provide information and resources to address the most common reentry needs and barriers. Some barriers addressed in this program are housing, employment, transportation, money management, parenting, etc.
Time Frame	Completion of this program is a minimum of 20 hours of group participation, a pre/post-test, and preparation and presentation of a Reentry/Maintenance plan in front of the group. PORTAL New Direction consists of 16-modules.
Program Credit	This program receives <b>60</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	<b>All 13 Adult Facilities</b>



Program Name	<b>Seeking Safety</b>
Program Description	This <b>Evidence Based</b> program is a present-focused therapy to help people attain safety from Post-Traumatic Stress Disorder and substance abuse. It will teach those with PTSD and substance abuse problems a number of different coping skills including learning how to ask for help, recognizing warning signs for drug/alcohol use, self-care, and coping with PTSD symptoms.
Time Frame	Depending on inmate needs and progression, this treatment program consists of 25 psychotherapy topics and lasts for six months.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance CPP 13.13 Behavioral Health Services KRS 197.045
Program Locations	EKCC, GRCC, KCIW, KSP, KSR, LAC, LLCC, NTC, WKCC, and Ross-Cash

Program Name	<b>Sex Offender Treatment Program - I</b>
Program Description	<p>This <b>Evidence Based</b> treatment program consists of individual and group counseling geared to provide tools that offenders can use for controlling their sexually assaultive behavior. Offenders apply and are screened for acceptance into the program. The program provides treatment for sex offenders to allow them to manage their deviant behavior and thoughts.</p> <p>The program primarily provides cognitive-behavioral group treatment based on Relapse Prevention Principles. The Program blends an overarching consistent framework of tasks with recognition that each offender has unique individual Dynamic risk factors.</p>
Time Frame	Depending on inmate needs and progression, this treatment program may take from 18 months to 24 months to complete.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	This treatment program is statutorily required based on the inmate's crime and conviction date.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.5 Sex Offender Treatment Program KRS 197.045
Locations	KCIW, KSR, LLCC, and NTC

Program Name	<b>STAR (A Wing) - KSR</b>
Program Description	This <b>Promising Practice</b> is a residential treatment program in CPTU for men who have been identified as needing intensive mental health services. These men demonstrate significant impairment in different areas of functioning, resulting in their inability to attend or complete other programs offered at KSR and other institutions. Potential participants undergo a thorough review process in order to determine program suitability.
Time Frame	Timeframe of this program depends on offender needs and progression with this specialized population.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance CPP 13.13 Behavioral Health Services KRS 197.045
Program Locations	KSR only

Program Name	<b>Threshold</b>
Program Description	This <b>Evidence Based</b> program is a residential setting as to promote an atmosphere of peer accountability and sharing at Lee Adjustment Center. The program focuses on life controlling issues, life literacy, relationships, and spiritual formation.
Time Frame	Depending on offender needs and progression, this program meets for 4 hours per week for 6 months and is augmented by other resources to allow for individual goal development.
Program Credit	This program receives <b>90</b> days program credit upon completion.
Admission Criteria	All program recommendations are based on their specific criminogenic needs identified in the KyRAS assessment.
Applicable Policies	CPP 30.1 Program Evaluation and Measurement CPP 30.2 Program Credit CPP 30.3 Risk and Needs Assessment Administration, Training, and Quality Assurance KRS 197.045
Program Locations	LAC only